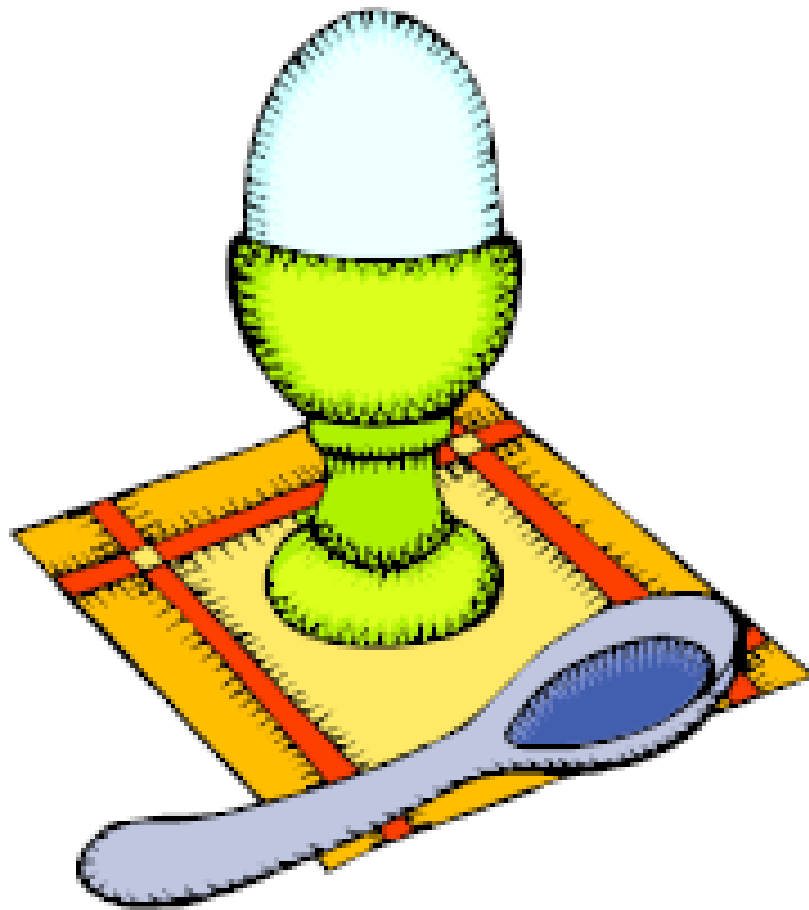


1 HARD BOILED EGG



**6 OUNCES
CALCIUM-
FORTIFIED
ORANGE
JUICE**



**8 OUNCES
OF
MILK**



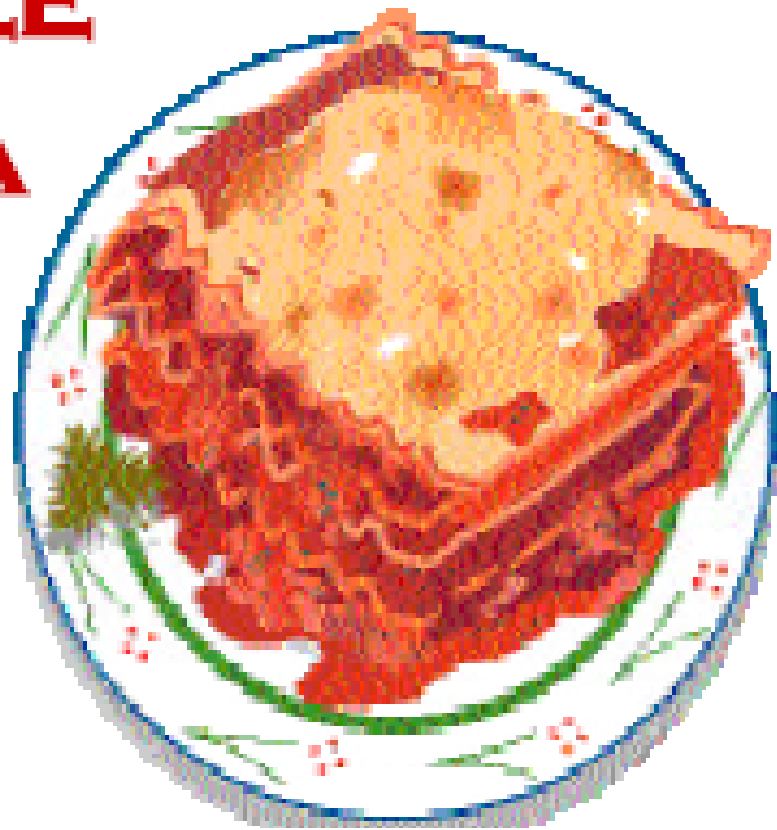
**1 / 2 CUP
COOKED
BROCCOLI**





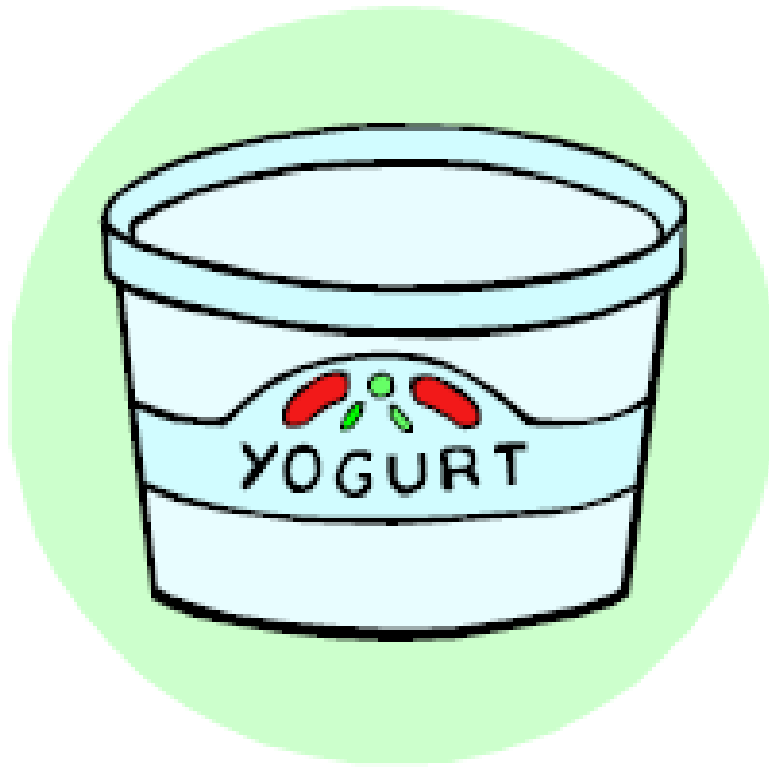
**3 OUNCES SARDINES
WITH BONES**

**8 OUNCES
VEGETABLE
LASAGNA**





**1 OUNCE CREAM
CHEESE**



**1 CUP
FRUIT
YOGURT**

**1 / 2 CUP
COTTAGE
CHEESE**





**1 OUNCE
CHEDDAR
CHEESE**